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Snoring can be one of the irritating issues that happen while sleeping. People who snore very often end up disturbing the other person sleeping besides. In the worst case, it may lead to a quarrel between the husband and wife and may lead to relationship strains.

Snoring is nothing but the noise that one produces through the mouth while sleeping. This is one of the commonest problems not only in the older people but also among other age groups. Snoring happens when the soft palate in the throat vibrates. At this instance, the noise comes out from the upper muscle in the throat present near the air passage. Even tonsils and adenoid problems are known to cause snoring. This is the main reason why young people snore.

Sometimes the noise of snoring may be mild while it could be severe sometimes. The severity depends on the sleeping position too. If you sleep in an upright position facing the ceiling, then snoring may be severe. This is mainly because of the fact that the tongue is positioned in a way that it blocks the air passage and results in a loud snoring.

People who have blocked nose are more likely to snore in the night in addition to the people who have sore throat. Snoring is very common among the overweight people. People who drink very often also experience snoring while sleeping.

Remedies for snoring

Dietary measures

Snoring to some extent depends on your food habits. You can reduce the effect of snoring if you eat the right food. Avoid ice creams, cool drinks, and other cold items as it can cause your throat to become sore. Even eating junk food like ham burger and pizza should be avoided if you are already suffering from snoring. Most importantly avoid having meals just before bedtime. Try to eat at least 2 hours before going to bed. Indigestion can also lead to discomfort while sleeping. So, it is better to eat your dinner much before your bedtime. And avoid having heavy meals in your dinner. The heavy food may cause flatulence which might ultimately lead to the obstruction of the air flow while breathing. Studies have shown that garlic, mustard greens, leeks, thyme, and pears if taken regularly can reduce or cure snoring. They get rid of all the gastric problems in the stomach and ultimately ensure there is no blockage of air while breathing. And avoid alcohol and smoking before sleeping. This is because, alcohol causes the muscles to shrink and relax more which would in turn aggravate the effect of snoring.

Sleeping position

Snoring may become severe if you sleep straight on your back facing the ceiling. Always sleep in a comfortable position like having the pillow by your side or in between your legs and lying sideways. Make sure that your head is elevated; this can be done by having the pillow at a comfortable height. The height can be adjusted by keeping a towel on your pillow. By sleeping in such a position, you are ensuring that your respiratory passage is clear of any obstructions. And if you have blocked nose, you can clear the block at home by taking steam.

Regular exercise

Regular exercise is one of the best ways to cure the problem of snoring. By doing your exercise,

you get to breathe freely. And simple neck exercises can tone the muscles around the neck and throat and ensure free passage of air. Cycling, jogging, and walking are some of the simplest exercises that you can do regularly.

Practice various breathing techniques like pranayama and deep meditation. This will result in an overall good breathing process. You can learn the breathing techniques by watching the Youtube videos with any of the popular services like Xfinity Internet.

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